


MARCH 2016					*Registration Required/Calendar Revised 3/3/2016
Monday	Tuesday	Wednesday	Thursday	Friday	
<div><div>Adult Wellness Center</div><div>Open Monday through Friday 7AM through 7PM</div><div>Saturdays 8AM-12PM</div><div>Phone: 479-631-3333</div><div>Website:</div></div>	<b>1 8:15 Zumba*</b> <b>10:00 Guitar Lessons*</b> 10:00 Open Euchre 10:00 Open Loom Knitting 12:00 Duplicate Bridge 1:00 Pickin’ Circle <b>4:30 Pottery*</b>	<b>2</b> 9:30 Open Dominos 1:00 Bridge Club 1:00 Crochet Together <b>1:00 Quilting Club</b> <b>1:00 Parkinson’s Support Group</b> 5:00 Line Dancing	<b>3</b> <b>8:15 Zumba*</b> 10:00 Open Woodcarving 12:00 Open Mah Jongg <b>1:00 Lifewriting</b> 1:00 Open Hand & Foot <b>2:00-4:00 Barn Dance Lessons</b>	<b>4</b> 9:00-11:00 Line Dancing 9:00 Open Scrapbooking 12:00 Duplicate Bridge 1:00 Bingo <b>1:00 Watercolors*</b> <b>3:00 First Thoughts Writing Group</b> <b>1:30 Pinochle Lessons*</b> 3:00 Pinochle	
<b>7</b> 9:00-11:00 Line Dancing <b>10:00 Mah Jongg Lessons*</b> <b>10:00 Spanish Class</b> <b>12:30 Basket Weaving*</b> 12:30 Pinochle <b>1:00 Open Canasta</b> 1:00 Open Dominos 1:00 Open Mah Jongg <b>5:30 Ballroom Dancing*</b>	<b>8 8:15 Zumba*</b> <b>9:00-1:00 AARP Driver Safety*</b> <b>10:00 Guitar Lessons*</b> 10:00 Open Euchre 10:00 Open Loom Knitting 12:00 Duplicate Bridge 1:00 Pickin’ Circle <b>4:30 Pottery*</b>	<b>9 9:00-11:00 Medicare Q &amp; A</b> 9:30 Open Dominos <b>10:00 Spanish Class*</b> <b>12:00 Northwest Lunch and Learn: Dr. Jeffrey Swetnam*</b> 1:00 Bridge Club 1:00 Crochet Together 5:00 Line Dancing	<b>10 8:15 Zumba*</b> <b>9-11 Coffee with the Elderlaw Attorney</b> <b>10:00 Garden Meeting</b> 10:00 Open Woodcarving <b>11:30 Photo Club Brown Bag</b> 12:00 Open Mah Jongg/ <b>1:00 Lifewriting</b> 1:00 Open Hand & Foot/ <b>1:00 Pastels*</b> <b>2:00-4:00 Freelance Dance</b>	<b>11</b> 9:00-11:00 Line Dancing <b>9:00-11:00 Woodworking Demo</b> 9:00 Open Scrapbooking 12:00 Duplicate Bridge 1:00 Bingo <b>1:00 Watercolors*</b> <b>1:30 Pinochle Lessons*</b> 3:00 Pinochle	
<b>14</b> 9:00-11:00 Line Dancing <b>10:00 Help with Prescriptions*</b> <b>10:00 Mah Jongg Lessons*</b> <b>10:00 Spanish Class*</b> <b>12:00 Healthy Options Cooking*</b> 12:30 Pinochle <b>1:00 Color Me Well</b> <b>1:00 Open Canasta/1:00 Dominos</b> 1:00 Open Mah Jongg <b>5:30 Ballroom Dancing*</b>	<b>15</b> <b>8:15 Zumba*</b> <b>9:00-11:00 Coffee with a Cop*</b> <b>10:00 Guitar Lessons*</b> 10:00 Open Euchre 10:00 Open Loom Knitting 12:00 Duplicate Bridge 1:00 Pickin’ Circle <b>4:30 Pottery*</b>	<b>16</b> 9:30 Open Dominos <b>10:00 Spanish Class*</b> <b>10:00 Starter Investing*</b> <b>11:20 Red Hats St. Patrick’s Lunch</b> 1:00 Bridge Club 1:00 Crochet Together <b>1:00 Quilting Club</b> 5:00 Line Dancing	<b>17 8:15 Zumba*</b> <b>10:00 Caregiver Support Group</b> 10:00 Open Woodcarving 12:00 Open Mah Jongg <b>1:00 BUNCO</b> <b>1:00 Lifewriting</b> 1:00 Open Hand & Foot <b>1:00 Soft Pastels*</b> <b>2:00-4:00 Spring Fling Barn Dance</b>	<b>18</b> 9:00-11:00 Line Dancing 9:00 Open Scrapbooking 12:00 Duplicate Bridge 1:00 Bingo <b>1:00 Watercolors*</b> <b>1:30 Pinochle Lessons*</b> <b>3:00 First Thoughts Writing Group</b> 3:00 Pinochle	
<b>21</b> 9:00-11:00 Line Dancing <b>10:00 Mah Jongg Lessons*</b> <b>10:00 Spanish Class*</b> 12:30 Pinochle <b>1:00 Open Canasta</b> 1:00 Open Dominos 1:00 Open Mah Jongg <b>5:30 Ballroom Dancing*</b>	<b>22</b> <b>8:15 Zumba*</b> <b>10:00 Dealing with Dizziness*</b> <b>10:00 Guitar Lessons*</b> 10:00 Open Euchre 10:00 Open Loom Knitting 12:00 Duplicate Bridge 1:00 Pickin’ Circle <b>4:30 Pottery*</b>	<b>23</b> <b>9:00-11:00 Medicare Q &amp; A</b> 9:30 Open Dominos <b>10:00 Spanish Class*</b> 1:00 Bridge Club 1:00 Crochet Together 5:00 Line Dancing	<b>24</b> <b>8:15 Zumba*</b> 10:00 Open Woodcarving 12:00 Open Mah Jongg <b>1:00 Lifewriting</b> 1:00 Open Hand & Foot <b>1:00 Soft Pastels*</b> <b>2:00-4:00 Freelance Dance</b>	<b>25</b> 9:00-11:00 Line Dancing 9:00 Open Scrapbooking 12:00 Duplicate Bridge <b>12:00 Lunch &amp; Learn: Dr. Lance Hamilton*</b> 1:00 Bingo <b>1:00 Watercolors*</b> <b>1:30 Pinochle Lessons*</b> 3:00 Pinochle	
<b>28</b> 9:00-11:00 Line Dancing <b>10:00 Mah Jongg Lessons*</b> <b>10:00 New to Medicare?*</b> <b>10:00 Spanish Class*</b> 12:30 Pinochle/ <b>1:00 Color Me Well</b> <b>1:00 Open Canasta</b> 1:00 Open Dominos 1:00 Open Mah Jongg <b>5:30 Ballroom Dancing*</b>	<b>29 8:15 Zumba*</b> <b>10:00 Guitar Lessons*</b> 10:00 Open Euchre 10:00 Open Loom Knitting <b>10:00 Paleo Diet*</b> 12:00 Duplicate Bridge 1:00 Pickin’ Circle <b>2:00 Book Club</b> <b>4:30 Pottery*</b>	<b>30</b> 9:30 Open Dominos <b>10:00 Spanish Class*</b> <b>12:00 Mercy Lunch &amp; Learn: Dr. Cody Grammer*</b> 1:00 Bridge Club 1:00 Crochet Together 5:00 Line Dancing	<b>31</b> <b>8:15 Zumba*</b> <b>10:00 Member Meeting</b> 10:00 Open Woodcarving 12:00 Open Mah Jongg <b>1:00 Lifewriting</b> 1:00 Open Hand & Foot <b>1:00 Soft Pastels*</b>	 <b>Saturdays at 8:15am</b>	

ADULT WELLNESS CENTER MARCH CLASS & ACTIVITY SCHEDULE

**AARP Driver Safety Mar 8th 9:00am-1pm Game Room A**  
Learn safe driving tips and save money on your car insurance by taking this program. Class is \$15 for AARP members and \$20 for others. Please register by March 4th.

**Ballroom Dancing M 5:30-6:30pm Dining Rm**  
Dance lessons with Jerry Kendrick of Dance & Swing. The dance for March and April is the Foxtrot. Class fee \$25. Register by March 4th.

**Barn Dance Lessons Mar 3rd 2pm-4pm Game Room A**  
Come and learn a variety of barn dances with caller and instructor, Carl Ballou! Barn dancing is a great way to have fun and burn calories! Cost for class is \$2 at the door and no partner is needed.

**Basket Weaving Mar 7th 12:30pm Art Room**  
Join Instructor Debbie Hurd in making a basket this month! Preview basket at the AWC. Fee is \$5 with \$25 payable to instructor for supplies. Register by Mar 3rd.

**Bingo F 1pm-2:30pm Game Rm B**

**Book Club Mar 29th 2pm-3:30pm Board Rm**

**Bridge Club W 1pm Game Rm B**

**Bunco Mar 17th 1pm Dining Rm** Everyone welcome. Only \$2!

**Caregiver Support Group Mar 17th 10am Multipurpose Rm**  
For caregivers of those with dementia. Facilitated by Home Instead.

**Coffee with a Cop March 15th 9am-11am Game Rm A**  
Have a cup of coffee and conversation with members of the Rogers Police Department. Information on current area crime statistics will also be presented. Sponsored by Benton County S.A.L.T.

**Coffee with the Elderlaw Attorney Mar 10th 9-11am Game Rm A**  
Stop by and get your personal questions answered from Elderlaw Attorney, Todd Whatley. Todd is especially knowledgeable in estate planning and understanding Medicare and your assets.

**Color Me Well Mar 14th & 28th 1pm Art Room**  
Coloring isn't just for kids anymore! Bring your own book and pencils and color with others for a fun relaxing afternoon.

**Crochet Together W 1pm Art Rm**  
Crochet with others & get help with your projects from Donna Farmer.

**Dealing with Dizziness Mar 22nd 10am Game Rm A**  
Learn what causes you to be dizzy and tips on living with it from a physical therapist from Highlands Health and Rehab. Register by Mar 21st.

**Duplicate Bridge T 12-4pm Game Room B**

**Duplicate Bridge F 12-4pm Game Rm A**

**First Thoughts Writing Group Mar 4th & 18th 3:00-4:30pm Board Rm** Sandra Woodruff facilitates this group to encourage writing of any style. Beginners welcome.

**Freelance Dance Mar 10th & 24th 2-4pm Game Rm A**  
Listen and dance to the sound tracks of your life! Come and dance to music from the 60's, 70's, and 80's!  
Excellent cardio exercise and lots of fun!

**Garden Volunteer Meeting Mar 10th 10am Game Rm B**  
Our garden is beautiful through the year because of our hard working volunteers. New volunteers always welcome.

**Guitar Lessons T 10am-12pm Dining Rm**  
For beginners or for those with a little experience! \$45 class fee for four sessions. Please register by Feb 29th.

**Healthy Options Cooking Class Mar 14th 12pm Demo Kitchen**  
Learn to cook inspired dishes that are also delicious and healthy from Sheila Reese. Sample recipes and enjoy learning something new. Class is \$5. Register by Mar 9th.

**Help with Prescriptions Mar 14th 10am Game Rm A**  
Learn about Extra Help, a program for those with limited income, to help with the cost of prescription drugs. Presented by Humana.

**Lifewriting Th 1pm-3pm Board Rm**  
Join others who are writing the stories of life: one's own reminiscences or memories of community, friends, or family. New enrollees contact June Jefferson, facilitator, at 790-2588.

**Line Dancing M F 9am-11am & W 5pm Dining Rm**  
No registration is required. For all time sessions, the first hour is for beginners and the second hour is intermediate level.

**Lunch & Learn:Dr. Lance Hamilton Mar 25th 12pm Dining Rm**  
Dr. Hamilton will be with us to present “Cardiac Risk Modification” and discuss heart health. Please register by Mar 22nd.

**Mah Jongg Lessons M 10am-12pm Multipurpose Rm**  
Learn to play this popular Chinese tile game. Class fee \$10. Please register by Mar 4th.

**Medicare Q & A Mar 9th & 23rd 9-11am Game Rm A**  
Representatives from Humana will be here for this come and go question and answer session on any basic Medicare questions.

**Member Meeting Mar 31st 10am Game Room A**  
Do you have questions or concerns about the AWC? Or do you have suggestions or ideas to help make your experience better. Come to our monthly Member Meeting and let us know!

**Mercy Lunch & Learn: Dr. Cody Grammer Mar 30th 12pm Dining Rm** Dr. Grammer will speak about orthopedic issues with lunch sponsored by Mercy. Register by Mar 25th.

**New to Medicare Mar 28th 10am Game Rm A**  
Will you be getting Medicare soon? You may have lots of questions! Come and get those questions answered by Carol Crumpacker of One Source Financial. Register by Mar 25th.

**Northwest Lunch & Learn: Dr. Jeffrey Swetnam Mar 9th 12pm Dining Rm** Dr. Jeffrey Swetnam will discuss vein issues for seniors. Please register by Mar 4th.

**Open Canasta M 1pm-3pm Game Rm A**  
**Open Dominos M 1pm–3:30pm Demo Kitchen**  
**Open Dominos W 9:30am-12pm Multipurpose Rm**  
**Open Euchre T 10am-12pm Demo Kitchen**  
**Open Hand & Foot TH 1pm-4pm Demo Kitchen**  
**Open Loom Knitting T 10am-12pm Art Rm**  
**Open Mah Jongg M 1pm-4pm Multipurpose Rm**

**Open Mah Jongg TH 12pm-4pm Board Rm**  
**Open Scrapbooking F 9am-12pm Art Rm**  
**Open Woodcarving TH 10am-12pm Art Rm**

**Paleo Diet Mar 29th 10am Game Rm A**  
Learn more about a current alternative diet, the Paleo diet, from Dr. Blair Masters and Stephna Masters. Register by Mar 28th.

**Parkinson’s Support Group Mar 2nd 1pm Dining Rm**  
Monthly support group for Parkinson's patients & family members. Facilitated by Missy Walker & Molly Leopard of Mercy.

**Photo Club Brown Bag Mar 10th 11:30am Game Room A**  
Meet with other photographers to share tips and techniques! This is a great way to learn from others and enjoy the art of photography. Bring your own sack lunch.

**Pickin' Circle T 1pm Demo Kitchen** Guitar players come and pick together for the afternoon. All levels are welcome!

**Pinochle M 12:30pm–3:30pm Game Rm B**

**Pinochle F 3pm-6pm Game Rm B**

**Pinochle Lessons F 1:30pm-2:30pm Multipurpose Rm**  
Instructed by Margot Tarcikowski. Please register by Mar 3rd.

**Pottery T 4:30 Art Rm**  
Join Instructor, Joseph Meyer, as he teaches sculpting and throwing pottery. Class is \$50. All supplies are included. Register by Feb 26th.

**Quilting Club Mar 2nd & 16th 1pm Arts & Crafts Rm**  
Come quilt with others and learn some great tips from other quilters.

**Red Hats St. Patrick’s Lunch Mar 16th 11:20am**  
We will be celebrating St. Patrick’s Day by having lunch together at Beef-O-Brady’s. Meet in the AWC Lobby to carpool at 11:20am.

**Soft Pastels Th 1pm (Starts Mar 10th) Art Rm**  
Introduction to working with pastels taught by Barbara Iglehart. Four-session class is \$20 plus supplies. Register by Mar 8th.

**Spanish Class M & W 10am Board Rm**  
This is a beginner’s course to learn Spanish taught by Bill Dunning. Class meets on Mondays and Wednesdays and lasts for six weeks. Class fee is \$25 plus cost of book. Please register by March 3rd.

**Spring Fling Barn Dance Mar 17th 2-4pm Game Rm A**  
Celebrate spring and St. Patrick’s day with us with a fun afternoon of Barn Dancing! Refreshments will be served!


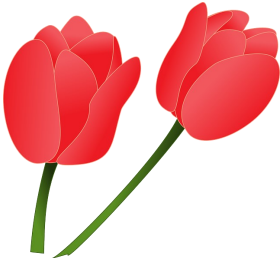
**Starter Investing Mar 16th 10am Game Rm A**  
You don’t have a have a lot of money to start investing wisely. Dan Kessler of Kessler & Turner Financial presents information to start investing with any amount of money. Please register by Mar 14th.

**Watercolors F 1pm Art Rm**  
Sandra Woodruff teaches the basics of Watercolor painting. Class is \$20 plus supplies. Please register by Mar 3rd.

**Woodworking Demo Mar 11th 9-11am Lobby**  
View the art of local woodworkers! Beautiful pieces will be displayed!

**Zumba T&TH 8:15am Saturdays at 8:15am Dining Rm**  
Led by Lilia Gamez, Zumba uses Latin music and dance for a fun, effective workout. Monthly class fee is \$25 for T/TH and \$15 for Saturdays. This is a Silver & Fit class.



Monday	Tuesday	Wednesday	Thursday	Friday
<div><div>Adult Wellness Center</div><div>Open Monday through Friday</div><div>7AM through 7PM</div><div>Saturdays 8AM-12PM</div><div>Phone: 479-631-3333</div><div>Website:</div><div>www.rogersar.gov</div></div>	<div><div>2015 AWC Volunteers</div><div>watch your mailbox for your invitation to our annual Volunteer Appreciation Luncheon in April!</div></div>	<div><div>ZUMBA!</div><div></div><div>Saturdays at 8:15 am Dining Room</div></div>	<div><div></div></div>	<div><div>1</div><div>9:00-11:00 Line Dancing</div><div>9:00 Open Scrapbooking</div><div>12:00 Duplicate Bridge</div><div>1:00 Acrylics*</div><div>1:00 Bingo</div><div>1:30 Pinochle Lessons*</div><div>3:00 First Thoughts Writing Group</div><div>3:00 Pinochle</div></div>
<div><div>4</div><div>9:00-11:00 Line Dancing</div><div>10:00 Mah Jongg Lessons*</div><div>10:00 Spanish Class*</div><div>12:30 Basket Weaving*</div><div>12:30 Pinochle</div><div>1:00 Open Canasta</div><div>1:00 Open Dominos</div><div>1:00 Open Mah Jongg</div><div>5:30 Ballroom Dancing*</div></div>	<div><div>5</div><div>8:15 Zumba*</div><div>10:00 Alternative Art*</div><div>10:00 Open Euchre</div><div>10:00 Guitar Lessons*</div><div>10:00 Open Loom Knitting</div><div>12:00 Duplicate Bridge</div><div>1:00 Pickin’ Circle</div><div>4:30 Pottery*</div></div>	<div><div>6</div><div>9:30 Open Dominos</div><div>10:00 Spanish Class*</div><div>1:00 Bridge Club</div><div>1:00 Crochet Together</div><div>1:00 Parkinson’s Support Group</div><div>1:00 Quilting Club</div><div>5:00 Line Dancing</div></div>	<div><div>7</div><div>Setting up for the AWC Wellness Fair</div><div>All regular activities cancelled except Zumba and Yoga Core.</div></div>	<div><div>8</div><div>AWC Wellness Fair 10:00am-2:00pm Educational Wing</div><div>All regular activities cancelled.</div></div>
<div><div>11</div><div>9:00-11:00 Line Dancing</div><div>10:00 Your Social Security Benefits*</div><div>10:00 Mah Jongg Lessons*</div><div>10:00 Spanish Class*</div><div>12:30 Pinochle/1:00 Color Me Well</div><div>1:00 Birthday of Barbershop</div><div>1:00 Open Canasta</div><div>1:00 Open Dominos</div><div>1:00 Open Mah Jongg</div><div>5:30 Ballroom Dancing*</div></div>	<div><div>12</div><div>8:15 Zumba*</div><div>9:00-1:00 AARP Driver Safety*</div><div>10:00 Alternative Art*</div><div>10:00 Open Euchre</div><div>10:00 Guitar Lessons*</div><div>10:00 Open Loom Knitting</div><div>12:00 Duplicate Bridge</div><div>1:00 Chronic Illness Class*</div><div>1:00 Pickin’ Circle</div><div>4:30 Pottery*</div></div>	<div><div>13</div><div>9:00-11:00 Medicare Q &amp; A</div><div>9:30 Open Dominos</div><div>10:00 Spanish Class*</div><div>12:00 Northwest Lunch &amp; Learn: Lindsey Myers*</div><div>1:00 Bridge Club</div><div>1:00 Crochet Together</div><div>5:00 Line Dancing</div></div>	<div><div>14</div><div>8:15 Zumba*</div><div>9:00-11:00 Coffee with Elderlaw Attorney</div><div>10:00 Garden Volunteer Meeting</div><div>11:30 Photo Club Brown Bag</div><div>10:00 Woodcarving/12:00 Mah Jongg</div><div>1:00 Chronic Illness Class*</div><div>1:00 Lifewriting</div><div>1:00 Open Hand &amp; Foot</div><div>2:00-4:00 Freelance Dance</div></div>	<div><div>15</div><div>9:00-11:00 Line Dancing</div><div>9:00 Open Scrapbooking</div><div>12:00 Duplicate Bridge</div><div>1:00 Acrylics*</div><div>1:00 Bingo</div><div>1:30 Pinochle Lessons*</div><div>3:00 First Thoughts Writing Group</div><div>3:00 Pinochle</div></div>
<div><div>18</div><div>9:00-11:00 Line Dancing</div><div>10:00 Lighthouse Meeting</div><div>10:00 Mah Jongg Lessons*</div><div>12:30 Pinochle</div><div>1:00 Open Canasta</div><div>1:00 Open Dominos</div><div>1:00 Open Mah Jongg</div><div>5:30 Ballroom Dancing*</div></div>	<div><div>19</div><div>8:15 Zumba*</div><div>10:00 Alternative Art*</div><div>10:00 Open Euchre</div><div>10:00 Guitar Lessons*</div><div>10:00 Open Loom Knitting</div><div>12:00 Duplicate Bridge</div><div>1:00 Chronic Illness Class*</div><div>1:00 Pickin’ Circle</div><div>4:30 Pottery*</div></div>	<div><div>20</div><div>9:30 Open Dominos</div><div>11:20 Red Hats Barbecue Lunch</div><div>1:00 Bridge Club</div><div>1:00 Crochet Together</div><div>1:00 Quilting Club</div><div>5:00 Line Dancing</div></div>	<div><div>21</div><div>8:15 Zumba*</div><div>10:00 Caregiver Support Group</div><div>10:00 Open Woodcarving</div><div>12:00 Open Mah Jongg</div><div>1:00 BUNCO</div><div>1:00 Chronic Illness Class*</div><div>1:00 Lifewriting</div><div>1:00 Open Hand &amp; Foot</div></div>	<div><div>22</div><div>9:00-11:00 Line Dancing</div><div>9:00 Open Scrapbooking</div><div>10:00 Your Creative Spirit*</div><div>12:00 Duplicate Bridge</div><div>1:00 Acrylics*</div><div>1:00 Bingo</div><div>1:30 Pinochle Lessons*</div><div>3:00 Pinochle</div></div>
<div><div>25</div><div>9:00-11:00 Line Dancing</div><div>10:00 Mah Jongg Lessons*</div><div>10:00 New to Medicare?*</div><div>12:30 Pinochle</div><div>1:00 Color Me Well</div><div>1:00 Open Canasta</div><div>1:00 Open Dominos</div><div>1:00 Open Mah Jongg</div><div>5:30 Ballroom Dancing*</div></div>	<div><div>26</div><div>8:15 Zumba*</div><div>10:00 Alternative Art*</div><div>10:00 Open Euchre</div><div>10:00 Guitar Lessons*</div><div>10:00 Open Loom Knitting</div><div>12:00 Duplicate Bridge</div><div>1:00 Chronic Illness Class*</div><div>1:00 Pickin’ Circle/2:00 Book Club</div><div>4:30 Pottery*</div></div>	<div><div>27</div><div>9:00-11:00 Medicare Q &amp; A</div><div>9:30 Open Dominos</div><div>1:00 Bridge Club</div><div>1:00 Crochet Together</div><div>5:00 Line Dancing</div></div>	<div><div>28</div><div>8:15 Zumba*</div><div>10:00 Member Meeting</div><div>10:00 Open Woodcarving</div><div>12:00 Open Mah Jongg</div><div>1:00 Chronic Illness Class*</div><div>1:00 Lifewriting</div><div>1:00 Open Hand &amp; Foot</div><div>2:00-4:00 Freelance Dance</div></div>	<div><div>29</div><div>9:00-11:00 Line Dancing</div><div>9:00 Open Scrapbooking</div><div>12:00 Duplicate Bridge</div><div>1:00 Acrylics*</div><div>1:00 Bingo</div><div>1:00 Pinochle Lessons*</div><div>3:00 First Thoughts Writing Group</div><div>3:00 Pinochle</div></div>

ADULT WELLNESS CENTER APRIL CLASS & ACTIVITY SCHEDULE

**AARP Driver Safety April 12th 9:00am-1pm Game Room A**  
Save money on your car insurance by taking this program. Class is \$15 for AARP members and \$20 for others. Register by April 8th.

**Acrylics F 1pm Art Rm**  
Sandra Woodruff teaches the basics of Acrylic painting. Class is \$20 plus supplies. Please register by Mar 31st.

**Alternative Art T 10am Art Rm**  
The process of creating art is therapeutic, no matter what the finished project may be! Explore various mediums and discover the benefits of making your own art with Donna Sheppard. Class is \$20. Students may bring their own supplies or pay the instructor \$10 for supplies. Please register by April 1st.

**AWC Wellness Fair Apr 8th 10am-2pm East Side of Building**  
Join us for our second annual Wellness Fair at the AWC. We will be having numerous booths to browse, interesting speakers, a sports fashion show and information to help you be a better you! Please put this date on your calendar and join us!

**Ballroom Dancing M 5:30-6:30pm Dining Rm**  
Dance lessons with Jerry Kendrick of Dance & Swing. The dance for March and April is the Foxtrot. Class fee \$25. Register by April 1st.

**Basket Weaving April 4th 12:30pm Art Room**  
Join Instructor Debbie Hurd in making a basket this month! Preview basket at the AWC. Fee is \$5 with \$25 payable to instructor for supplies. Register by Mar 31st.

**Bingo F 1pm-2:30pm Game Room B**

**Birthday of Barbershop April 11th 1pm Game Rm A**  
Celebrate the birthday of Barbershop singing with us in April with this concert given by Pride of the Ozarks Barbershop Chorus!

**Bridge Club W 1pm Game Rm B**

**Book Club April 26th 2pm-3:30pm Board Rm**

**BUNCO April 21st 1pm Demo Kitchen**  
Everyone welcome. Cost is \$2. Have a chance to win gift certificates.

**Caregiver Support Group April 21st 10am-11:30am Multipurpose Rm**  
Encouragement & support for caregivers of those with dementia. Facilitated by Home Instead.

**Chronic Illness Class T & Th 1pm-3pm Starts April 12th Multipurpose Rm**  
Dealing with a chronic illness can change your attitude and be depressing. Learn healthy ways to cope with it from Counselor Donna Sheppard using art, movement, and a supportive environment. This 5-week class meets twice per week and the fee is \$25. Register by April 8th.

**Coffee with the Elderlaw Attorney April 14th 9-11am Game Rm A**  
Stop by and get your personal questions answer from Elderlaw Attorney, Todd Whatley. Todd is especially knowledgeable in estate planning and understanding Medicare and your assets.

**Color Me Well April 11th & 25th 1pm Art Rm**  
Coloring isn’t just for kids anymore! There are wonderful unique and intricate coloring books that provide relaxation and focus as you create works of art! Bring your own book and pencils and color with others for a fun relaxing afternoon.

**Crochet Together W 1pm Art Rm**

**Duplicate Bridge T 12-4pm Game Rm B**

**Duplicate Bridge F 12-4pm Game Rm A**

**First Thoughts Writing Group April 1st, 15th & 29th 3:00-4:30pm Board Rm**  
For writers of any style! Beginners are encouraged to participate.

**Freelance Dance April 14th & 28th 2-4pm Game Rm A**  
Listen and dance to the sound tracks of your life! Come and dance to music from the 60’s, 70’s, and 80’s! Excellent cardio exercise and lots of fun!

**Garden Volunteer Meeting April 14th 10am Game Rm B**  
Share your gardening skills to keep the AWC garden beautiful!

**Guitar Lessons T 10am-12pm Dining Rm**  
This class is for beginners or players with some experience. \$45 class fee for four sessions. Please register by April 1st.

**Lifewriting Th 1pm-3pm Board Rm**  
Join others who are writing the stories of life: one’s own reminiscences or memories of community, friends, or family.

**Lighthouse Meeting April 18th 10am Board Rm**  
Join with others who enjoy and appreciate lighthouses! Please feel free to bring pictures or stories to share about a lighthouse you’ve visited.

**Line Dancing M F 9am-11am & W 5pm Dining Rm**  
No registration is required. For all time sessions, the first hour is for beginners and the second hour is intermediate level.

**Mah Jongg Lessons M 10am-12pm Multipurpose Rm**  
Learn how to play this popular Chinese tile game. Class fee \$10. Please register by April 1st.

**Medicare Q & A April 13th & 27th 9-11am Game Rm A**  
Representatives from Humana will be here for this come and go question and answer session on any basic Medicare questions,

**Member Meeting April 28th 10am Game Rm A**

**New to Medicare? April 25th 10am Game Rm A**  
Will you be getting Medicare soon or are you new to Medicare? You may have lots of questions! Come and those questions answered by Carol Crumpacker of One Source Financial. Register by April 22nd.

**Northwest Lunch & Learn: Lindsey Myers April 13th 12pm Dining Rm**  
Lindsey Myers, Northwest Social Services will present “Help Along Life’s Journey” and discuss services available as we age. Please register by April 11th.

**Open Canasta M 1pm-3pm Game Rm A**

**Open Dominos M 1pm–3:30pm Demo Kitchen**

**Open Dominos W 9:30am-12pm Multipurpose Rm**

**Open Euchre T 10am-12pm Demo Kitchen**

**Open Hand & Foot TH 1pm-4pm Demo Kitchen**

**Open Loom Knitting T 10am-12pm Art Rm**

**Open Mah Jongg M 1pm-4pm Multipurpose Rm**

**Open Mah Jongg TH 12:00pm-4pm Board Rm**

**Open Scrapbooking F 9am-12pm Art Rm**

**Open Woodcarving TH 10am-12pm Art Rm**

**Parkinson’s Support Group April 6th 1pm Dining Rm**  
Monthly support group for Parkinson’s patients & family members.

**Photo Club Brown Bag April 14th 11:30 Game Rm A**  
Meet with other photographers to share tips and techniques! This is a great way to learn from others and enjoy the art of photography. Bring your own sack lunch.

**Pickin’ Circle T 1pm Dining Room**  
If you play guitar or any other stringed instrument, sing, or just enjoy music, please stop by the pickin’ circle. New faces always welcome to play or listen!

**Pinochle M 12:30pm–3:30pm Game Rm B**

**Pinochle F 3pm-6pm Game Rm B**

**Pinochle Lessons F 1:30pm-2:30pm Multipurpose Rm**  
Instructed by Margot Tarcikowski. Please register by Mar 30th.

**Pottery T 4:30 Art Rm**  
Join Instructor, Joseph Meyer, as he teaches sculpting and throwing pottery. Class is \$50. All supplies are included. Register by April 1st.

**Quilting Club April 6th & 20th 1pm Art & Crafts Rm**  
Come quilt with others & learn some great tips from other quilters. Bring your own projects to work on. Throughout the year quilters do group projects.

**Red Hats Barbecue Lunch April 20th 11:20am**  
We will be having lunch together at Fred’s Hickory Inn. Meet in the AWC Lobby to carpool at 11:20am.

**Spanish Class M & W 10am Board Rm** (Started in March.)

**Your Creative Spirit April 22nd 10am Board Rm**  
Developing your creative side is as important as taking care of yourself physically. Sandra Woodruff will share information on creativity and what it may mean for you! Register by April 24th.

**Your Social Security Benefits April 11th 10am Game Rm A**  
Learn information on how to get the most from your Social Security benefits. Presented by Humana. Register by April 8th.

**Zumba T&TH 8:15am Saturdays at 8:15am Dining Rm**  
Led by Lilia Gamez, Zumba uses Latin music and dance for a fun, effective workout. Monthly class fee is \$25 for Tuesdays and Thursdays and \$15 for Saturdays. This is also a Silver & Fit class.